

# HEALTH CARE

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were responsible for the death of up to 98,000 Americans and between 77,000 and 88,000 were killed by hospital-caused nosocomial infections.

To put this into perspective, more people die each year from medical errors in hospitals and hospital-caused infections than from motor vehicle accidents (43,458), breast cancer (42,297), or AIDS (16,516). Total national costs (lost income, lost household production, disability and health care costs) of preventable adverse events (medical errors resulting in injury) are estimated to be between \$17 billion and \$29 billion. Statistics from the Journal of the

American Medical Association show that prescription drugs are responsible for up to 140,000 deaths annually in hospitals alone.

It is this system that I propose needs complete and total overhaul. We have created a health care system that waits for you to break down and then tries to fix you, which is the equivalent of waiting for your cars engine to lock up and break down before you change the oil. Natural and preventive medicine is the medicine of our future if we want to radically decrease our health care spending and ensure that all Americans live a healthy life. Consuming organic and sustainably grown produce and meat, local if possible, making healthy choices when eating out, exercising,

stress reduction, and using nutritional supplements and herbal therapies as a way of preventing and treating disease is the most effective way to ensure that you do not end up needing major medical intervention.

As for the safety and efficacy of supplements and herbs we have to remember that 80 percent of the world is using herbs and natural remedies for their primary source of health care and only 20 percent are using pharmaceuticals. Thirty seven percent of the pharmaceuticals sold in the US are or were originally derived from plants or other living organisms and 25 percent of the drugs used in the Western world are derived from rainforest plants. Also compare the fact that only about 100 people a year

die from complications with herbs, usually due to abuse or exceeding the recommended dosage, which is a far cry from that of pharmaceuticals.

Now if we could only get the insurance companies to fairly cover alternative and preventive medicine and give people the choices they deserve when choosing medical care we might have a chance at creating true health care in this country. I leave you with this question, where should the focus of the health care debate be?

*Ron Veitel, a Chatham resident has been involved with the health industry for 15 years lecturing throughout North America regarding the synergistic relationship between nutrients and food. He can be reached at veitelr@yahoo.com*

# VOLLER

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for scarce capital and resources to address critical infrastructure issues in our Town and County. To me "Team Pittsboro" is our dedicated staff, Town Board, citizen volunteers, the voters and many others who now work and will continue to work on behalf of Pittsboro. We are all on this team and we all want what is best for our community.

## Accomplishments

In May 2009, Team Pittsboro placed the mixed beverage referendum on the ballot and passed it by almost a 2 to 1 margin. "Liquor by the drink" is now a choice and a source of revenue for Pittsboro, Siler City and

# ELECTION SELECTION FOR NOV. 3

**PITTSBORO** In addition to incumbent Randy Voller facing Bill Crawford in the mayoral race, there are three candidates — incumbent Pam Baldwin, Andrew Allden and Michael Fiocco — running for two open board seats.

**SILER CITY** Charles E. Johnson, John Grimes and Jonus Nobles are running for Mayor. Cindy Burke Bray, Jimmy Pugh and Jody Minor are running for Town Commissioner at large. Running unopposed are Tony E. Siler in District 1 and Sam Adams Jr. in District 5.

**GOLDSTON** All candidates are running unopposed – Tim Cunnup for Mayor, and for Town Council Wayne Woody in Ward 1, Lynn Gaines in Ward 3 and Barry H. Gaines At Large. Jane Owens and Jeff Bright are running for two seats on the Goldston-Gulf Sanitary District Board.

the rest of Chatham County.

In July 2009 Team Pittsboro successfully obtained over \$2.6 million in stimulus funds to upgrade Pittsboro's wastewater treatment plant. The project has been fast-tracked, the winning bid received and it was under budget.

The Town of Pittsboro, Chatham

County, Chatham Transit, and Chapel Hill Transit was awarded a Federal Transit Administration grant linking Pittsboro and UNC-Chapel Hill by enhanced daily bus service. An investment in transit, which has bi-partisan support in both Orange and Chatham County, will be a springboard for other

land use decisions.

The most pressing priority for Pittsboro's future is access to a reliable source of clean drinking water. Team Pittsboro executed a memorandum of understanding with Chatham County, OWASA, and other regional entities to work toward building a modern water treatment plant on the western shore of Jordan Lake. Once completed, Pittsboro will have reliable access to over seven million gallons per day of good-quality drinking water.

Meanwhile, Team Pittsboro continues working diligently to provide the best quality drinking water today. Grants have been obtained and funding secured to improve Pittsboro's current water treatment plant and its processes. The Town has hired more personnel to run the plant more efficiently, created standards to measure progress, and we are committed to meeting the appropriate State and Federal guidelines. It is my goal to one day announce that Pittsboro has the BEST drinking water in the Piedmont.

Pittsboro deserves the dedicated and experienced team our town has had for the last four years. Mayor Pro-Tem Pam Baldwin and I ran together in 2005 and we are still together in 2009. Help me continue this record of our success and "Vote Voller" and "Vote Baldwin" on November 3. For more information, please visit my web site at [www.randyvoller.com](http://www.randyvoller.com)

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